



NATURE'S SUNSHINE

Breathe Activator TCM (formerly Breathe E-Z)

GOOD FOR

Respiratory System

Lungs

Sinuses

SIZE **30 Capsules**

ITEM # **1036**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take one capsule with a meal daily.

— How the Key Ingredients Work

Breathe Activator TCM brings together a time-honored blend of Traditional Chinese Medicine herbs and botanicals, each chosen to support open, comfortable airways, a calm immune response, and the kind of whole-body balance that lets you breathe freely every day.

Fritillary — Known in TCM as Chuan Bei Mu, fritillary has been treasured for centuries to support bronchial comfort. Research shows its natural compounds help relax the airways and support healthy mucus levels in the respiratory tract, making it a cornerstone herb for anyone looking to breathe more easily.

Platycodon Root — Often called balloon flower root, this classic TCM herb has been used for generations to soothe the lungs and support clear airways. Studies show it helps calm overactive immune responses in the respiratory tract and supports healthy airway function, especially during allergy season.

Coltsfoot — A beloved herb in both European and Chinese herbal traditions, coltsfoot has long been the go-to plant for respiratory comfort. Its natural compounds have been shown to help quiet inflammation and support the body's own defenses, and it brings a rich history of traditional use for asthma and coughs.

Perilla — This fragrant Asian herb — known as Zi Su in TCM — is a standout for respiratory and allergy support. A clinical trial found perilla extract significantly reduced allergy-related immune cells in nasal passages. It also supports healthy blood pressure and acts as a natural antioxidant, helping protect cells from everyday stress.

Magnolia — Magnolia bark, called Houpu in TCM, is one of the formula's most versatile herbs. Human clinical studies show it helps support healthy airways in people managing mild asthma, while also helping the body handle everyday stress and tension. Its active compounds honokiol and magnolol are well-documented free-radical fighters.

Bupleurum Falcatum — A cornerstone of Traditional Chinese Medicine known as Chai Hu, bupleurum root has been used for thousands of years to support the body during times of stress and immune challenge. Research shows its natural compounds help calm overactive immune responses, and animal studies point to meaningful support for respiratory comfort and a balanced stress response.

Ophiopogon Root — Known as Maidong in TCM, ophiopogon root is prized for its ability to nourish and moisten — traditionally used to relieve dryness in the throat and lungs. Preclinical research supports its role in promoting healthy fluid balance and soothing dry, irritated airways, making it a natural partner for the other respiratory herbs in this blend.

Licorice Root — One of the most widely used herbs in both Eastern and Western herbal traditions, licorice root brings soothing, balancing properties to this formula. It supports a healthy gut lining, helps ease abdominal discomfort, and has long been used in TCM as a harmonizing herb that helps the other ingredients work together more effectively.

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